

1. Training device for the muscles of the pelvic floor of women, with a flexible main body (1), which is to be at least partially inserted into the vagina and which has a compression part (1a) with a ball-shaped working surface (2), with an indicator device attached to the main body (1), **characterized in that** the compression part (1a) is defined by two annular constrictions (3,5), which connect axially to a stop section (4) with a stop surface (11) on one side and to a holding section (6) on the other side.
2. Training device according to claim 1, **characterized in that** the working surface (2) is essentially spherical.
3. Training device according to claim 1 or 2, **characterized in that** the axial length of the stop section (4) is between 40% and 65% of the maximum diameter of the compression part (1a).
4. Training device according to any of claims 1 to 3, **characterized in that** the the axial length of the holding section (6) is between 30% and 60% of the maximum diameter of the compression part (1a).
5. Training device according to any of claims 1 to 4, **characterized in that** the indicator device is configured as a withdrawable rod (8).
6. Training device according to claim 5, **characterized in that** the rod is held in an opening (7) of the holding section (6) in such a way that it may be shifted within limits.
7. Training device according to any of claims 1 to 6, **characterized in that** the main body (1) is configured as a rubber bubble, which is covered by a gliding layer.
8. Training device according to claim 7, **characterized in that** the gliding layer consists of a layer of loose fibres steeped in a gliding agent.
9. Training device according to any of claims 1 to 8, **characterized in that** the training device is designed as a throw-away product.